

Enso Center Remote Workouts 2020

Recent changes to social gathering recommendations throughout Washington require the closure of health and fitness clubs and recreational venues until March 31, 2020. Because of these restrictions, Enso Center will be closed for the remainder of the month.

During this time, we will be offering interactive, online workouts as well as other remote learning opportunities. We know these new tools will both help us through the current situation and provide a valuable resource moving forward.

Right now, there are two types of new resources; the Online Workouts and the Online Book.

The Online Workouts:

The first remote learning tool is Online Workouts Using Zoom Video / Web Conferencing.

Online workouts begin Tuesday, March 17th. There are five sessions, one each weekday at 5:30. The classes all incorporate hapkido techniques and are geared to improving your practice.

1. **The Yin Class:**

This class will focus on qi gong, ton jon breathing, tai chi, yoga and meditation.

Offered Tuesday and Thursday at 5:30 pm

2. **The Yang Class:**

This class will focus on raising your heart rate, burning calories and building strength.

Offered Monday and Wednesday at 5:30 pm.

3. **Friday Social:**

Time to ask questions, talk about your personal practice, or just chat about great martial arts movies (or whatever else you want).

Offered Fridays at 5:30 pm.

Please register for the program at <https://mixacupuncture.com> and click on "Online Workout" header button to get your access code. We will also send you a link to our warm up routine. This should be done prior to the start of class.

The Online Book:

Open Circle Way, written by Jason Mix and Susan Mix, is available now and is free for currently enrolled students until we resume classes at Enso Center. You can find the book at the website <https://hapkidocircle.com>. The website has our complete curriculum; with written and video content.

For access, go to the website, scroll to the bottom and click "join our mailing list". You will get an email asking you to create a password. Once you have completed this step, you will have full access.

Together we are stronger. It is our hope that, with your help, we will emerge a more vibrant and resilient community.